

Glasshouse Country Christian College

'Growing in faith and knowledge'



Term 1, 27 January 2012

newsletter

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SCHOOL CALENDAR

February 2012

- Thur 2 Swimming Carnival Years 4-12
Beerwah Pool
- Tue 7 Primary Meet the Teachers
5.30pm and 6.15pm sessions
- Wed 8 6.30pm Secondary Parent
Information Evening Theatre
- Tue 14 5.30pm Primary RTC Parent
Invitation Meeting
- Thur 16 P and F Chocolate Drive
- Mon 20 Secondary District Swimming
Carnival
- Thur 23 Senior Induction of School Leaders
- Fri 24 Primary Induction of School
Leaders Years 3-6

March 2012

- Thur 1 Immunisations
- Sun 4 9am Staff Dedication at GCBC
- Mon 5 School Photos
- Thur 8 P and F Chocolate money due
- Fri 9 Sibling Photos
- Mon 12 School Photos catch up
- Sun 18-Fri 23 Year 7 Canberra Trip
- Mon 19-Fri 23 Years 11 & 12 Exam
Block
- Mon 26-Fri 30 Year 9 Pindari Camp
- Mon 26-Fri 30 Year 10 Work
Experience
- Tue 27 3pm Primary Parent Teacher
Interviews
- Wed 28 3pm Primary Parent Teacher
Interviews
- Wed 28-Fri 30 Year 11 Emu Gully
Camp

Fri 30 Last Day Term 1

Uniform Shop

New and second-hand uniforms.
Mon 8.00 - 9.00am
Fri 8.00 - 9.00am
2.30 - 3.30pm

From the Principal



Welcome back to GCCC in 2012.

I trust you had a wonderful holiday and returned refreshed and ready for an exciting year ahead. I would particularly like to welcome all of our new families and I pray your time at GCCC will be long and enjoyable.

There is much information to take in at the start of the new school year so this is a supplementary issue of the newsletter.

There will be another newsletter published next week and then every subsequent fortnight.

New Land

For some time now we have been in negotiations to purchase the vacant block adjacent to the College. I am now pleased to say that everything is looking very positive for us to finally secure that land. The land, which is 13 acres, will be used for future sporting fields, classrooms and car parking facilities as we expand our primary school campus. I will keep you updated about developments in the newsletters to come so watch this space.



Kiss and Go Lane



Last year I put a survey to parents to explore ways to improve the traffic flow in the College. One of the most prominent requests was the re-establishment of the Kiss and Go drop off and pick up lane. I am pleased to say we are going to institute this in the near future.

The Kiss and Go is a single file traffic lane where parents quickly either drop off or collect their children without having to leave their vehicle or enter school grounds. The children can be dropped off safely and enter the school without concern.

The K and G lane will be on the left side of Roberts Rd between the College entrance and the newly established crossing. You might have seen the newly constructed path leading from the College to Roberts Rd via the grass carpark on the western side of the church. Very soon construction will begin on a large shelter where students can wait for their parents of an afternoon. This area will be supervised in the afternoons until 3.15pm.

STOP PRESS!

Thank you for your understanding and patience with the College being closed as such short notice on Friday 27 January 2012 due to bus cancellations and flooding.

I appreciate that this would have inconvenienced many families but we needed to act to ensure the safety of students and staff during this wet and unpredictable weather.

Mike Curtis

LOST PROPERTY

Please, please, please...

Ensure that your child's name is written on all their uniforms, lunch boxes, bags and hats etc. For dark items, a Pentel White Permanent Marker is ideal and will stand out easily.

It is especially important to write your child's name on jackets, hats and lunch box containers as these are the things that end up in Lost Property the most.

When you purchase second hand uniforms, please remove the old owner's name and replace with your child's name urgently so we can return it to you when it becomes lost.

Please remember that all unclaimed items will be donated at the end of each term.

Library Opening Hours

Prep – Year 9 Students:

8:15am – 3:15pm

Year 10-12 Students:

8:15am – 4.00pm

Dates for 2012

Term 1: Mon 23 Jan – Fri 30 March
(Staff return 16 Jan)

Term 2: Mon 16 April – Fri 22 June

Term 3: Mon 16 July – Fri 21 Sept

Term 4: Mon 8 Oct – Fri 7 Dec

The rules of the K and G will be simple;

Once in the K and G lane, parents are not allowed to stay longer than two minutes. This facilitates a swift arrival and departure and allows other parents to enter the K and G lane. Parents will have to depart the K and G and then rejoin at the back of the queue. Turning around can be safely facilitated at the Nichols Avenue roundabout.

Drivers are not allowed to leave their vehicles. Students will come to them. The responsibility is on the students to keep an eye out for mum and dad and ready themselves for collection. Similarly at drop-off, students are to quickly disembark the vehicle so they should be ready to do so.

We will be launching the K and G within the next few weeks. **If you would like to use the facility then you must register your interest at the College office via email admin@gccc.qld.edu.au** . We will communicate further directly to you.

New Crossing

You would have no doubt seen our new crossing on Roberts Road opposite the church. This will be a manned crossing in the mornings from 8.15 and in the afternoons from 2.50 to 3.30. This crossing is a council and main roads project so we have very little control over its completion. Soon however, the crossing will be operational. In the interim please do not use the crossing.

Tuckshop

After some delays, our new tuckshop is finally here and awaiting its final resting place between G block and the Senior Undercover Area. However, the inclement weather we are currently experiencing has put our plans further back but we are envisaging the grand opening in three weeks time.

When the Tuckshop opens, it will be operating four days per week (Monday, Tuesday, Thursday and Friday). There will also be a new menu which maximises the capabilities of this new facility.

The new expanded facility will be in need of ready and willing volunteers. The tuckshop is a valuable service and any assistance will be greatly received. If you can help please phone or email the College office.

In the meantime the Tuckshop will be operating every Tuesday and Thursday as it did last year starting from the 31 January. The menu and ordering procedure will be the same as will the location (H Block). For new parents, please note that lunch orders are received at the beginning of Tuesdays and Thursdays. Orders are made via a paper bag with the student's name, class and order along with the price of each item and the total. The correct money is then included in the bag. Orders are not necessary for recess for the Secondary School as individual purchases can be made. The Tuckshop serves for both breaks for both Secondary and Primary.

As I write this I realise there are so many more things that I could speak to such as the new starting time for Secondary, introducing new staff members, farewell leaving staff, the excellent results of 2011 Year 12 students, new structures and new positions, new laptop computers for 2012 Year 12 (MacBook Pros). These and other items of interest will be covered in subsequent newsletters.

Mike Curtis

P and F Second Hand Uniforms

I again bring to your attention the changes and conditions made by the P and F in Term 3, 2011 regarding second hand uniforms. These changes apply to the 2012 year. If you have second hand uniforms of saleable quality to donate or sell, download a copy of the "Second Hand Uniform Form" located on the College site www.gccc.qld.edu.au under College Life/Uniform Shop tab.

- Please leave only clean uniform items at College reception (shoes, socks, tights or College bags with names embroidered or written in permanent marker on the front, will NOT be accepted)
- 25% commission of the sale price will be deducted and retained by GCCC P&F
- Items will be sold for half price or less of the current new uniform price
- Prices may be adjusted at the discretion of the P&F
- Unsaleable items will be rejected and disposed of
- Payments for items will be credited to client's school fees at the end of the Term in which the items were dropped off and the payment amount will appear on the next Term School Fee statement

If the above conditions of this volunteer service do not suit you please sell your items privately.

Clients that dropped off second hand uniform items during Term 4, 2011 prior to 2/12/2011, your payments will appear on your Term 1 School Fee Statement. Payment of items left through Dec/Jan holidays will appear on the Term 2 Statement.

A big thank you to the volunteers (parents and students) who assisted with the set up/pack up and uniform sale days last week, your time was greatly appreciated. We could not have done this job without you. Thank you also to Renelle Curtis for helping throughout the school terms and holidays processing uniforms.

Ramona Woods,
P and F Second Hand Uniform Coordinator

FLIGHT PATH AND FLIGHT PLANS

It gives me great pleasure to introduce to you the new College-based P – 12 Academic and Student Development Program, Flight Path. The Flight Path program at Glasshouse Country Christian College is a distinctive teaching and learning program/approach that aims to bring a sense of engagement and enthusiasm for learning to all students. This program will be a significant and positive experience catering for the particular needs of students as they charter their way from Lower Primary and early childhood to Senior School and adolescence. It is our intent to provide opportunities for the students to become managers of their own learning and to set realistic and demanding goals through a rich and innovative learning program that ignites, engages and challenges them on every level.

A full explanation of the program will be provided to you in another document to be released shortly but to summarise, Flight Path has been designed around five broad organisers: Academic Studies, Enrichment and Support, Personal Development and Relationships, Leadership and Service, and Vocational Preparedness. The treatment of these organisers is tempered by the four broad developmental phases that students progress through during their thirteen years at school. Each of these phases has been recognized as one of the following programs: Launch (P-2); Navigate Stage 1 (Yrs 3-6); Navigate Stage 2 (Yrs 7-8); Ignite (Yr 9); Orbit (Yrs 11& 12).

One of the main reasons why Flight Path was developed was to help students to recognize and understand their place in their learning journey. Many students see themselves as passive participants in their learning. It is our intent to train and equip students to understand themselves as individuals, as learners, and to help them take responsibility for their role in their learning and progress.

An important component of this program is the completion of a personal development plan. Within the context of the educational program the College provides, (the Flight Path), each student has an individual journey influenced and determined by their personal attributes, experiences, intentions and choices. To assist students in this they will be asked to create a personal development plan which will guide them through a deeper understanding of themselves as well as in identifying personal goals in relation to their learning – a Flight Plan.

Although the intent is for the students to own their own progress (in as much as they can), they need to be encouraged, guided and supported in this. As parents, your support is vital and, depending on which phase of development your student is in, your assistance is required. Some classes will complete most of the information at College, but we have purposely included either parental input or recognition in the plans.

Students will identify intentions or set goals on a term or a semester basis and at the end of that period will reflect on and evaluate their progress. Teachers and parents will support and assist students to achieve their goals but it is important that students recognize their responsibility in their level of success. (Other influencing factors which may arise and be out of the student's control can be discussed in context). At times their goals may not be met but this is a life lesson in itself.

Students will be bringing their Flight Plans home, for either your assistance or signature, within the first few weeks of term. Through guidance and support it is hoped that each student will fulfill their ultimate potential.



Suzanne Power
Head of Curriculum & Pedagogy



CORRECTION: Term 1 runs from 23 January – 30 March (Not 30 April as was printed incorrectly in the handbook extract)

WEDNESDAY RELEASE DAY FOR YEAR 11 & 12 STUDENTS

Just to confirm that Year 11 & 12 students only attend school on Monday, Tuesday, Thursday and Friday. The Wednesday is used as the release day for students for study or to attend alternative courses (School based apprenticeships or traineeships, TAFE, University study, Distance Education, work placements etc).

STUDENTS DRIVING TO SCHOOL

Any licensed student wishing to drive to school must see Mrs Fraser for our College contract and parking regulations before driving to school.

REMINDER ABOUT SPORT UNIFORMS

Middle School - The sports uniform should only be worn for sport afternoons (Wednesday for Years 8 & 9... Friday for Year 7) or for designated practical Dance and HPE classes (specific days for Middle School will be sent in a letter home next week from Mrs Vreeling). Formal uniform is to be worn at all other times.

Senior School - Formal uniform days for Senior students are Tuesday and Thursday. They may choose to wear sport uniforms on other days. Theory lessons for PE and Dance have specifically be placed on Tuesdays and Thursdays.

2012 HOUSE CAPTAINS

Congratulations to the following students:

Ararat: Rianna Humphreys (Year 12) & Madeline Kinsley (Year 9)

Sinai: Kyle Burrows (Year 12) & Jessica Illing (Year 9)

Zion: Jarred Kilah (Year 12) & Laura Davis (Year 9)

They are busy working towards building house spirit at our upcoming Swimming Carnival next week. We are looking forward to seeing how they intend to inspire and encourage their teams.

LATE ARRIVALS AND EARLY DEPARTURES DUE TO BUS / TRAIN CONNECTIONS

We do appreciate that the 8.30am start for secondary is impossible for some students as their buses do not arrive until after this time. Please ensure that you notify the office if your student will arrive late each day and / or have to depart early for bus or train connections. We want to ensure that students receive important notices and are aware of the correct procedures for attendance records. Students who need to leave early will also need to be issued with a special pass so that teachers will know that they have permission to leave class early in the afternoon.

DATE CLAIMER

8 February New to Secondary Parent Information Evening in H3

- Middle School commences at 6.30pm
- Senior School commences at 7.30pm

NEW STAFF FOR SECONDARY

We wish to extend a very warm welcome to the following staff who have joined us this year:

Mrs Jacqualina Vreeling:	Middle School Coordinator and French teacher	Miss Courtney Devitt:	Drama teacher
Mr Fenton Doolan:	Head of Science	Mrs Stacey Whyte:	Dance teacher
Mr Matthew Beattie:	Head of HPE and Sport	Mrs Natalie Ukkola:	Teacher Aide
Mr Russell Modlin:	English and Humanities teacher	Mrs Pam Gosbell-Smith:	Teacher Aide
Miss Amanda Gook:	English and Humanities teacher	Mrs Susan Marquet:	Teacher Aide
Mr Gary Havenga:	Maths, Science and IT teacher		

Sue Fraser

Vocational Education and Training (VET) News

Welcome back to all our students and families to another exciting year for Vocational Education and Training and future pathways for our senior students. Please note the following important points for the coming weeks.

Year 10 Work Experience

On Wednesday this week all Year 10 Work Education students were given a pack to bring home. In the pack are two important documents. One is the Student Placement Form for work experience. Please fill this in and return to Mrs Ferris before or on Work Education next Wednesday. Once this form is returned, Mrs Ferris will begin confirming placements with employers and get the paperwork underway. Even if you have already contacted employers and spoken to Mrs Ferris it would be a great help if you could fill out this form. With only eight weeks to get this organised, time is of the essence and your help to get these forms back straightaway would be greatly appreciated. Thank you in advance for your co-operation with this.

Also in the pack the Year 10s bring home this week is a manual which explains the operation of the College as a Registered Training Organisation delivering nationally recognized Certificate courses (including Work Education, Business, IT and Hospitality). All students undertaking certificate courses, and their parents/guardians, need to acknowledge receipt of the manual and agreement with its conditions. This is a legal requirement which is one of many regulations we are audited on as an RTO. Please sign the form attached to the manual and return to the teachers. Again we thank you for your help in meeting our obligations as a training body.

TAFE students

Brisbane North Institute of TAFE has advised that classes will start in the week commencing the 6th February. All new students should now have paid for their units of work and be enrolled ready to go. Continuing students also need to re-enrol and pay for their initial units before starting again this year. Failure to enrol may see students excluded from classes until enrolment is finalised.

Sunshine Coast TAFE has vacancies in the following programs for any Year 11s still considering a TAFE course. Anyone interested in any of the following courses please contact Mrs Ferris right away as these courses will be starting very soon.

Cert I Plumbing, Cert III in Fitness, Cert III Hospitality (Front of House), Cert III in Information, Digital Media and Technology, Cert III in Tourism and Certificate IV in Sound Production.

Caloundra Technical Trade Training Centre course vacancies.

The TTTC at Caloundra is a fabulous new training facility offering courses to Year 11 and 12 students. The great strength of the TTTC is that it is building links out to industry and future jobs for its students. The Centre has some vacancies for this year in the following courses – Certificate II Sustainable Energy (great foot in the door for electrical apprentices), Cert II Infrastructure and

Resources, a one year program for Year 11 or 12 students. Nearly all graduates from this course last year left it with apprenticeships. Certificate II Conservation Land Management which may open pathways to such employers as Sunshine Coast Council, tree maintenance companies and Australia Zoo. The other program with some vacancies is the Integrated Learning in Engineering course which covers two first year Engineering units from the University of the Sunshine Coast. Students who successfully pass this program are guaranteed entry to the USC Faculty of Engineering. Please see Mrs Ferris for further information on any of these courses.

Sunshine Coast Girls Try a Trade Workshop

Girls in Year 9 or 10 can attend a free one-day event in the week of International Women's Day for a chance to experience first-hand what a career in the trades could be like. This will be held on 5 March. Anyone interested please see Mrs Ferris.

Congratulations!

Congratulations to Chloe Eldridge who completed Accounting Studies at the University of the Sunshine Coast last year. Chloe also successfully undertook on-line studies with the Brisbane School of Distance Education. Well done Chloe.

Congratulations also to a number of students who obtained school-based traineeships over the Christmas holidays. We will meet some of these students in newsletters this year.

We are starting the year with Emma Offord. Emma has been selected to undertake a traineeship here at the College assisting Mrs Sandy Johnson in her role in Publication and Events. Emma will be undertaking a Certificate III in Media while working at the College each Wednesday. Students and parents will see Emma around the school at functions and special events and will often see her behind a camera! Emma will also be our new student correspondent writing regularly for the Glasshouse Country News, replacing Morgan Winlaw who did a fantastic job last year. Good luck to Emma Offord.

Joan Ferris VET Officer joan.ferris@gccc.qld.edu.au
Cheryl Costin VET Co-ordinator cheryl.costin@gccc.qld.edu.au



Emma Offord (second from left) came in during the holidays to sign all the papers for her school based traineeship and Cert III in Media Studies.

SUNSHINE COAST LACROSSE

Be a part of Lacrosse on the Sunshine Coast in 2012.

Queensland Lacrosse invite all interested persons to come along and join in the fun of lacrosse. Details of the first get together are as follows;

DAY: SUNDAY

DATE: 12TH FEBRUARY 2012

TIME: 10:00AM

VENUE: Sunshine Coast Hockey Club, Ballinger Road, Buderim.

Weekly training and monthly competition for the 2012 season.

Further enquiries can be directed to Queensland Lacrosse - qldlacrosse@gmail.com or by phone on 0408 735 691.



JUNIOR RUGBY UNION 2012 SIGN-ON

WHEN

3 February 2012, 5.30pm to 7.00pm
11th February 2012, 2pm to 3pm

WHERE

Witta Rec Club, Witta Road, Witta

WHO

Boys aged U/6 to U/17 and
Girls aged U/6 to U/12(mixed teams)

No previous experience needed.
Players joining for the first time please bring 'proof of age' eg. birth certificate/ passport.

Enquiries:

Maleny Bushrangers Junior
Rugby Union

Scott Grogan ph: 0418 162000

Email - bushranger@powerup.com.au

GCCC Swimming Carnival for 9 years and older

The annual GCCC Inter-house Swimming Carnival is here again! Participation in the carnival is compulsory for all students aged 9 and up. Fun participation races will be run throughout the day.

Distance races will begin at 8.00am. Students will need to nominate individually for these events through the HPE department.

Date: Thursday 2 February 2012

Venue: Beerwah Swimming Pool

Time: 9am – 3pm



College Inter-house Swimming Trials for 9 years to Year 10

To encourage maximum participation and to appropriately stream races we will be holding a swimming trial day (heats). Students will swim 25m in freestyle as a compulsory event (swimming aids can be used) to qualify for A, B, C, D races and nominate to swim backstroke, butterfly and breaststroke. This will enable students to race in the carnival against students of similar swimming ability.

Date: Wednesday 1 February 2012

Venue: Beerwah Swimming Pool

Time: 11.30pm – 1.15pm for Primary (Yrs 4-6)

1.15pm – 2.45pm Secondary (Yrs 7-10)

Cheerleading... Starts Week 4, Term 1, 2012

GCCC are again offering classes in 'American style' cheerleading, including lifts and tumbling with the goal of competing in Regional and State competitions. After a very successful 2011, we are excited to be offering Level 1 and Level 2 team opportunities for this year. Level 2 will be run outside of school time and team selection will be through an audition process. Level 1 training sessions will run during lunchtimes at the College for Primary (grades 4, 5, and 6) and Secondary students. This is a service offered by the Sports Department with minimal external expenses (eg. uniforms, competition entry fees and optional workshops etc).

If you are interested or would like further information please contact Christine Scott at the College.



2012 SECONDARY INDEPENDENT SCHOOLS TRIALS

Tuesday 7 February 2012 - District Trial Day 1

- VOLLEYBALL – 19Yrs (Boys and Girls)
- VOLLEYBALL – 15Yrs (Boys and Girls)
- TOUCH – 19Yrs (Boys and Girls)
- TOUCH – 15Yrs (Boys and Girls)



Tuesday 21 February – Regional Trial Day 1

- TENNIS – 19Yrs (Boys and Girls)
- SOFTBALL – 19Yrs (Boys and Girls)
- BASEBALL – 18Yrs
- CRICKET – 19Yrs
- CRICKET – 14Yrs (born 1997)



Tuesday 6 March 2012 – District Trial Day 2

- BASKETBALL – Open (Boys and Girls)
- SURFING
- NETBALL – 15Yrs
- NETBALL – Opens
- RUGBY UNION- Opens
- SOCCER – Opens (Boys and Girls)



Tuesday 20 March 2012 – Regional Trial Day 2

- RUGBY LEAGUE – 15Yrs
- RUGBY LEAGUE – 18Yrs
- HOCKEY – 18Yrs (Boys and Girls)
- AFL – 15Yrs
- GOLF

Thursday 3 May 2012 – District Trial Day 3

- BASKETBALL – 15Yrs (Boys and Girls)
- RUGBY UNION – 15Yrs
- SOCCER – 15Yrs (Boys and Girls)

Thursday 24 May 2012 – Regional Trial Day 3

- BASEBALL – 14Yrs

Please see Mrs Scott for further information.



Suncoast-Hinterland Softball Assoc Inc.
 Postal Address: PO Box 347 Wurtulla Qld 4575
 Ph/Fax: (07) 53418363 Mobile: 0422204661
 Email: shsa1@bigpond.net.au Website: www.suncoast.softball.org.au

SOFTBALL FESTIVAL ~ SUNCOAST

Sunday, March 18th, 2012
 Mooloolah Valley Multi Sports Complex
 129 Mooloolah Connection Road
 Mooloolah QLD 4553

REGISTER YOUR SOCIAL TEAM NOW!

OZPITCH TOURNAMENT, COME AND TRY CLINIC & EXHIBITION GAME
 COME & JOIN US FOR A FUN DAY OF SOFTBALL & ENTERTAINMENT WHERE
 EVERYONE CAN HAVE A GO!!
 KIDS (4-12) \$15 ADULTS \$20
ALL PROCEEDS FROM THE DAY WILL GO TO
THE COLBY SPEARE FOUNDATION
 Registrations close: Friday, 9th March, 2012
 Visit our website www.qld.softball.org.au for registration forms
 For more information contact Nicki Riley on 3391 2447 or events@softballqld.asn.au



SOFTBALL

Suncoast-Hinterland Softball Association invites interested players to sign-on for the 2012 Winter season.

Male and Female, 5yrs old to Masters.

TEAMS: Mixed U10's, U12's, U15's, Men's & Women's A & B Grade.

Season starts 2nd April. Games are played Saturdays, Jnrs mornings & Snrs afternoons. All games are at one venue all season.

Umpires, Coaches & Scorers wanted, your assistance will be greatly appreciated & training is available. Enquires ph Assoc Secretary, Karen Robe on 0422204661 or email Karen at shsa1@bigpond.net.au or ring a Softball Club nearest to you: Maroochydore Redbacks 0427768400, Caloundra Stingrays 0422204661, Hinterland Bandits (Glenview) 54945945.

New Clubs or Teams are always welcome to join.

www.suncoast.softball.org.au

Machaneh - Dance Classes Sign on Day in the College Gym Monday 30 January 2012 at 3.30pm

Classes will commence Monday 6 February 2012.

Beginner dance classes

Four years old and up

Enquiries Tel 5442 3333 Email m.i.c.a@inet.net.au

Class spaces will fill quickly.



Blessed with a boy!

Lauren and Matt Loft welcomed their little boy, Ronnie Jack Loft at 8am on 14/01/2012 weighing in at 9.09 pounds

Mum, dad and bub are all doing well and very pleased!



No tempers or tantrums - just Tim Tams and Tissues.



Pause and Ponder

“Rejoice with those who rejoice, and weep with those who weep.” Romans 12:15

It is with mixed emotions that most parents take their child to his or her first day of school. Sadness, excitement, worry, relief are common to all parents on these types of occasions.

Life is filled with the extremes of joy and sorrow, victory and defeat. But we have been given the privilege of entering into those moments in people’s lives to see the grace of God at work. Don’t miss it.

Adapted from Our Daily Bread.



INSIGHTS

by Michael Grose – No. 1 parenting educator

parentingideas.com.au

parentingideas.co.uk

parentingideas.co.nz



5 mental health habits to promote in kids

Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result, they learn better and have more friends as well.

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that can come with adulthood.

Sadly, it doesn't seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common kind.

Having good mental health doesn't mean that kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result, they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids. Here are five basic mental health habits that you can consider right now:

1. Sleep: Sleep is the one of the building blocks of mental health and well-being. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!!!!!! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single, most powerful strategies to improve kids' ability to cope with stressful or changing situations is to ensure they get enough sleep.

2. Exercise: When my mum told me all those years ago to turn the television off and go outside and play she didn't know that she was promoting good mental health. She just knew that physical activity was a good thing for an active, growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. *How much exercise does your child receive?*

3. Help others: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to others and to help others in any way possible. Helping others reinforces social



connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

4. Talk: A problem shared is a problem halved! Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse. If your child or young person has a problem let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help you get a clearer picture of how they may be feeling.

5. Relaxation: Make sure your child or young person has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching-off may benefit from practising meditation or mindfulness, but most kids just need to have the time to chill out, and they'll relax quite naturally.

These five habits are basic common sense. However, as kids' lives get busier these essentials get squeezed out. Here's my recommendation to ensure that mental health habits don't get overlooked or neglected.

First, see these habits as the building blocks of mental health. Don't ignore them or trivialise them. Talk to your children and tie these activities to their mental health but do so in your own way and in your own timeframe.

Second, assess which of these five essential habits need your attention and make some adjustments over time to push the pendulum back, if necessary, in favour of your child's mental health.

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Join Michael's community of parents on Facebook. Go to www.facebook.com/michaelgroseparenting and click on the Like button.